# Tettalasut

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### Leadership challenges bring growth

BY SGT. 1ST CLASS KENNETH HUNTER

INSTALLATION EQUAL OPPORTUNITY ADVISOR

As an Army noncommissioned officer with more than 18 years of experience, I have seen the Army go through many changes in doctrine, equipment and personnel. While most of these changes have significantly improved the way we do business, they have also brought new problems, creating "leadership challenges."

Leaders at all levels are now asked to do more with less and be creative while doing it. Essentially, we have now become an Army of creative problem solvers. There is a link between a

good leader and an effective creative problem solver. It has been said creativity is the combining of seemingly different parts into a functioning and useful whole. The leader who is a creative problem solver must also be a person who can see clearly and is willing to explore a variety of options to solve a problem. However, to put it simply, one cannot see clearly if controlled by preconceptions.

Creative problem solvers must be open to diverse perspectives.

Leaders must be willing to train future leaders/ problem solvers to develop, recognize and exercise a good set of values that will help them become successful, creative problem

solvers. This will ensure the future Army is led by people who are progressive, outside-of-the-box type of thinkers.

Some very basic questions come to mind.
(1) What exactly is true leadership in relation to creative problem solving?
(2) How does it differ from management or dictatorship? (3) Where would the individuals' value system come into play when they are in positions of leadership or are being led in a creative problem solving process?

The book "Leadership," by James MacGregor Burns, offers a simple and clear definition, which for these purposes, can be used as a starting point,

"Leadership is leaders

acting-as well as caring, inspiring and persuading others to act for certain shared goals that represent the values the wants and needs, the aspirations and expectations of themselves and the people they represent, Burns wrote. The genius of leadership lies in the manner in which leaders care about, visualize, and act on their own and their follower's values and motivations."

There are three key points to remember about this definition.

First, true excellent leadership omits the use of coercive power. This is the use of bullying, intimidation or even threats to get others to perform. Leaders should at times allow their subordinates to provide feedback on improving the situation being worked on or looked at.

By soliciting feedback from subordinates, leaders will become creative in problem solving as they consider solutions and perspectives they perhaps had not seen or thought of before.

Leaders have to move others by caring, by inspiring and by persuading. One problem some leaders possess, which defeats the creative problem process, is the natural tendency to pick the first solution that comes to mind and run with it.

The disadvantage of this approach is you may run either off a cliff or into a worse problem. A better strategy in solving problems is to select the most attractive path from many ideas or concepts.

Cultural blocks inhibit many creative ideas. Keep in mind we are members of many cultures. There are national cultures, regional cultures, religious beliefs, age, ethnicity, values and several other characteristics shared by members of a particular group.

The trouble these groups have in understanding each other causes problems ranging from religious and racial wars through business failures, to section conflicts. A leader's inattentiveness to cultural factors may inhibit creativity.

There are three prin

See **LEAD**, Page 2

### Scout On The Street-

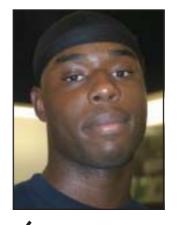
#### Should the draft be reinstated?



AIRMAN IAN HOLMQUIST 314TH TRAINING SQUADRO

PFC. SHANNON LANE COMPANY E, 30STH MILITARY INTELLIGENCE BATTALION

I did my part. As far as the government goes, they promised not to bring it back.



AIRMAN JUSTIN MORRIS 314TH TRAINING SQUADRONN

No, we're not short-staffed.
A dragt means we're
losing. All branches are
recruting enough.



SPC. MATTHEW TUCKER COMPANY A, 305TH MILITARY INTELLIGENCE BATTALION

Yes, because I think everybody should do at least two years for their country.

### The Fort Hiachica Scout

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No, because some people

aren't made for the militray

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# Signal conference supports top enlisted command sergeants major converge

BY GORDON VAN VLEET

NETCOM PUBLIC AFFAIRS OFFICE

More than 60 command sergeants major and sergeants major from across the world converged on Fort Huachuca for the U.S. Army Network Enterprise Technology Command/9th Army Signal Command 2004 Command Sergeant Major/Sergeant Major conference, July 12-15.

The annual conference gave an opportunity to sergeants major from as far away as Kuwait, to meet and learn from each other.

This was a chance to bring all the senior noncommissioned officers together to talk about the issues that concern each of their respective commands, said Command Sgt. Maj. Ronald Desjardins, NETCOM/9th ASC command. "It was a great opportunity for us to talk about current issues dealing with signal sup-

port and the War on Terrorism.

"Units that have been there in the thick of things presented information from their after action reports," Desjardins said. "This information is important because it helps us better prepare units for future combat deployments."

The focus is to help prepare Soldiers, Desjardins said. "If they [the attendees] take back the lessons learned and apply them in their commands, then our Soldiers will be ready prior to the fight, which will help them build confidence in their ability to perform tasks while under stress."

Some of the lessons taken back focused on proper training for the Soldiers, such as force protection training, range training, nuclear, biological and chemical training, convoy live fire training, and other areas.

The main focus on the conference

was taking care of the Soldier. "This conference placed a great deal of emphasis on taking care of the Soldier, such as mentoring, enforcing standards, having the right equipment," Desjardins said. "We want to make sure that the Signal Corps Soldiers are battle ready."

"It is extremely important to keep Soldiers highly trained across NETCOM," said Command Sgt. Maj. Joseph Thomas, 93rd Signal Brigade, Fort Gordon, Ga. "The sergeant major of the Army [a key speaker at the conference] said we have to lead the way for the future Army. We have to get out and carry the message to the Soldiers about the Army's transformation. He said change is stressful, so we have to get out and tell them [Soldiers] that this change is good."

"We have great leadership helping us show our Soldiers the way. Our commanding general [Maj. Gen. James Hylton, NETCOM/9th ASC commander] delivered the messages we needed to hear. He is the tip of the spear for us, and he leads us well," Thomas said.

Planning for the conference began in January this year, said Master Sgt. Robert Ellis, NETCOM/9th ASC, NCOIC current operations G-3, who spearheaded the conference. "We planned this conference to be in conjunction with our NCO and Soldier of the Year competition so our NCO leadership would have occasions to interact with the competitors. This has a very positive affect or the young Soldiers and I have no doubt will impact them for the rest of their careers."

The NETCOM command sergeam major summed it all up when he said "This was all about the Soldier. The Soldier is what our Army is all about Soldiers first, mission always."

Photo by Elzabeth Harlan

#### **Tombstone tunes**

Sgt. 1st Class Barbara Atkinson and Spc. Jennifer Hamilton are members of Oklahoma's 145th Army Band performed in Tombstone Saturday. The band was at Fort Huachuca on temporary duty for two weeks.

### WO association awards scholarships three benefit from group's generosity

BY SPC. SUSAN REDWINE

SCOUT STAFF

Three \$1,000 scholarships were awarded to current and future college students at the U.S. Warrant Officers Association, Arizona Silver Chapter monthly meeting Friday at Murr Community Center.

This is the fourth year the David M. Heckman Memorial Scholarship has been given out by the chapter, said Chief Warrant Officer Don Marquis.

The scholarship is given out annually to children of members of the Silver chapter of the association who will be enrolled in their first or second year of college.

To be eligible, applicants must write an essay and have a grade point average of 3.0 or higher.

"We had some good essays," Marquis said.
"They were very enlightening. It's nice to see young individuals write as well as they did."

Tyne Ashby, one of this year's three winners said she's very happy about winning and will use the money to help with books and tuition when she attends her first year at Eastern Arizona College this fall.

Also winning scholarships this year were Amanda Sugai and Sonya Milloy, neither could not accept the scholarships in person because of academic obligations.

"I just want to say thank you," Ashby said. "I'm very grateful and this will help me a lot."

The chapter earns money for the scholarships through an annual golf tournament. For more information, call Marquis at 533-4050.



Photo By Spc. Susan Redw

Tyne Ashby will attend Eastern Arizona College in the fall. She is one of three students who received a Warrant Officer Association \$1,000 scholarship. Also winning scholarships this year were Amanda Sugai and Sonya Milloy.

# Summer ending, time for back to school

BY SPC. JOY PARIANTE
SCOUT STAFF

Fort Huachuca children don't start hitting the books again until Aug. 11, but, for parents, the whole back to school ordeal begins with registration starting Wednesday.

Registration will be held from 8 a.m. - 1p.m. on Wednesday, 8a.m. - 1p.m. on July 29 from 8 a.m. to noon, July 30.

Students, both new and returning, must register at their respective schools. Myer Elementary School has the special needs preschool program as well as kindergarten and grades four and five. Johnston Elementary School covers grades one, two and three and the cross categorical special education program. Smith Middle School accommodates grades six, seven and eight.

Those students who have previously attended Fort Huachuca Accommodation Schools and pre-registered in the spring, will need to attend the registration proceedings to obtain the school's student handbook, district information sheets, free/reduced lunch applications, class and/or locker assignments and to update emergency contact informa-

tion.

Students who are new to FHAS should bring their birth certificate, shot record and previous school records to the registration session. According to Arizona law, students without up-to-date proof of immunization will not be allowed to attend school without vaccination verification.

The 2004-2005 school year calendars and bus schedules will also be available during registration.

Registration information for FHAS can also be found at the Web site at www.fthuachuca.k12.az.us.



#### Re-up

Sgt. 1st Class Pedro Santiogo, with his wife Dee, reenlisted July 15 in front of 4,000 people at the Tucson Sidewinders baseball game. Capt. Tedd Goth, commander of Company B, 304th Military Intelligence Battalion performed the reenlistment.

### Cold calls can get your foot in door

BY ROBERTA SIPES
EMPLOYMENT READINESS
COORDINATOR

One of the best ways to uncover job leads is to use the telephone.

In many instances you can find out about a job lead before it is put out to the public by making "cold calls." You might be saying right now "Yuck, I'm not a salesperson. I can't do that!"

Stop thinking of yourself as a nameless job seeker, rather, think of yourself as a business person making a proposal. In

See CALL, Page 12





Photo by Elizabeth Harla

#### Just desserts

Capt. Randolph Morgan, 18th Military Police commander, took it in the face at the MP fund raiser Monday. The pie-in-the-face. Money will be used for the MP ball.

# DoD releases military medical information

AMERICAN FORCES PRESS SERVICE

Defense Department health officials are making anonymous data taken from surveys of active duty service members available to government researchers.

Since 1980, DoD has conducted confidential, anonymous surveys among active duty members through an instrument called the "Survey of Health Related Behaviors Among Military Personnel."

Military researchers generally use summaries of the data to develop health promotion and prevention programs for military forces, officials said.

Data from the most recent survey, taken in 2002, has been placed in a public use file by researchers working on such issues as strategies for decreasing alcohol abuse and tobaccouse

Under research rules, DoD is required to notify the public this data is being used by researchers

"This will be the first time that a public-use file for the health-related behaviors survey will be used since the survey series began," according to a DoD health affairs news release.

More than 12,500 randomly selected service members took the 2002 survey. Results were announced in March.

Officials stressed all information made available for public use is anonymous and contains no identifying information.

### Joint training broadens interservice knowledge

BY SGT. KRISTI T. JAEGER SCOUT STAFF

Whether it's "hooah," "semper fi," "aye aye" or "air power" the language of the students in training at Fort Huachuca aren't the only differences. Attributes, uniforms, ways of life and perceptions are sometimes quite different between the branches of the armed forces training at the U.S. Army Intelligence Center.

"Working in a joint environment you really have to learn how to give and take," said Master Sgt. David R. Bagwell, Air Force Liaison on Fort Huachuca. "All services have their own battle plan."

As each service has their own "battle plan" or daily routine, they also have their own strengths and weaknesses.

"The quality of life is very strong [in the Air Force]," said Bagwell, who also admires the way the Air Force takes care of all airmen.

For the Navy, force independence is one of the service's strongest characteristics, said Petty Officer 1st Class Brian Mullis, center for cryptology detachment Fort Huachuca leading petty officer. "The U.S. Navy does not rely on ground based support outside of our own borders," he said. "This ability to come and go as directed and project our power is truly our strongest characteristic.

On the flip side of the coin, Mullis said the Navy's weakest attribute is one he believes is shared among all branches; distance and separation.

"The Army has a strong training strategy," said Staff Sgt. Vincent D. Ingallinera, drill sergeant, Company A, 309th Military Intelligence Battalion. "It continues to maintain and develop Soldier skills while training in AIT [advanced individual training]. Instead of the intelligence center serving as just a technical skills school, it serves as the forum to train advanced Soldier skills

and sustain basic Soldier skills learned and areas of expertise, the sister serin basic combat training.'

Although training Soldiers is a strong point for the Army, being dependent on the civilian workforce is not, said Sgt. 1st Class Gabriel T. Webster, drill sergeant, Company C, 305th MI Bn. "There

Working in a joint environment you really have to learn how to give and take. All services have their own battle plan.

Master Sgt. David R. Bagwell

are too many jobs that can be done by Soldiers that are being contracted out at a much higher cost," he said.

There are many differences that distinguish each branch of the armed forces. Between uniforms, training strategies vices may not be as related as it seems.

"Our new work uniform is awesome," Bagwell said, referring to the Air Force's proposed utility uniform of blue, gray and green tiger-stripe camouflage.

Whereas the Air Force works toward retiring the woodland camouflage, the Navy sticks to the classic Sailor uniform. "We wear really cool white hats and bell-bottomed pants," Mullis said.

Students attending USAIC are all there to train in specific military occupations, yet the approach to guiding the troops is not necessarily similar among branches.

"The Army's training philosophies at the intel center differ quite a bit from other services," said Ingallinera. "The Soldiers continue to train under the guidance of Army drill sergeants, where as the other services train under a per

See JOINT, Page 8

# Coins are more than currency

#### **Military tradition** dates to WWI

BY AMANDA BAILLIE SCOUT STAFF

They are a common sight on many desks throughout the Army, but just exactly how did the tradition of presenting unit coins start?

Historians believe 'coining' has its roots in the Roman Empire, where coins were presented to award achievements.

But it was not until World War I that the first 'coin' appeared within the U.S. military, when a wealthy pilot ordered bronze medallions struck with his squadron's emblem for every member of the unit.

Some years later, in the early 1960s, a member of 11th Special Forces Group had some old coins over-stamped with a different emblem and presented them to

some of his unit colleagues.

A former commander of the 10th SFG picked up on the idea, becoming



Coins are given to Soldiers for exceptional performance of duties.

the first to mint a specific coin for a U.S. military unit.

In fact, the 10th SFG remained the only Army unit with its own coin until the mid 1980s, when a virtual explosion in minting coins took place.

These days, the giving and receiving of coins is a pretty common practice. So does that make the gesture meaningless?

"I think, generally, Soldiers really like to get a coin," said Maj. Dan Larke, deputy chief of staff, U.S.Army Intelligence Center and Fort Huachuca, and the recipient of more than 50 coins.

"It recognizes that they are doing a good job and all Soldiers like to be recognized for their work. It's also a great tradition, even though some may say it doesn't mean as much as it used to. But it's great for morale and an easy, on-the-spot way for a commander to show his appreciation."

Larke, who is responsible for ordering coins on behalf of Fort Huachuca's commanders and sergeants majors, who generally will carry a few around with them to give out, has a couple of coins which particularly stand out from his extensive collection.

"The very first one I received as a lieutenant was from 2nd Infantry Regiment and I really had to work for it," he said. "I had to go through a lot to get it and once I had received it I felt I had been accepted as a peer and a member of the unit."

The other favourite was presented to Larke in Belgium by the Supreme Allied Commander Europe, after he helped to set up a liaison team with the Russians in Kosovo.

"That one means a lot to me," he

Spc. Aaron Mettke has been in the Army for three years, but already has

"Some of them were given to me when I earned different awards and

See COINS, Page 21

#### JOINT, from Page 5-

manent party-like chain of command."

Out of training and into the work force, the Navy deals primarily with water and considers itself to be more self sufficient, Mullis said.

The Army has a strong work ethic, said Webster. "It is a twenty-four/seven job, and that is acceptable," he said.

The perception of one branch from another can sometimes be slightly incorrect, distorted or seem absurd.

"Other branches are convinced that every Sailor has been or will be at some time on a ship," Mullis said. "This isn't always true. Certain jobs and/or specialties dictate certain locations and every location for a Sailor doesn't always include time on a ship."

The perception that the Army can't pro-

vide Soldiers with a future upon end term of service or retirement is a common one, Webster said. "I've also heard the Army is all grunt work and doesn't require much skill or technical expertise."

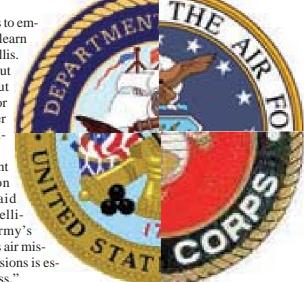
Whether it's due to rivalry or a simple lack of knowledge, bizarre assumptions have been made to make the services appear cushioned and lazy.

"I've heard that our ships [especially the bigger ones] have bowling alleys and McDonalds," Mullis said. "I can assure you, this is not true." And the Air Force, sometimes known as the chair force, does not work half days, Bagwell said.

Regardless of differences in uniform or misperceptions of work hours and amenities, each individual attending school at the USAIC has the opportunity to be in a joint service envi-

"We encourage our students to embrace their sister services, to learn and understand them," said Mullis. "Sometimes it isn't always about the encouragement, but about the necessity. It is necessary for our branches to work together to achieve successful conclusions to our nations goals."

"A joint service environment is beneficial for information sharing purposes," said Ingallinera. "Combining intelligence gathered from the Army's ground mission, the Air Force's air missions and the Navy's naval missions is essential for total mission success."



### Treatment available for combat stress

BY ARMY SGT. 1ST CLASS DOUG SAMPLE

AMERICAN FORCES PRESS SERVICE

The servicemember who goes to combat and the one who comes back are never the same person, the Defense Department's director of mental-health policy said July 14.

"No one comes back unchanged," said Army Col. (Dr.) Tom Burke.

Dr. Burke and other DOD health officials try to reach out to those returning from Iraq and Afghanistan who may be suffering from combat-related mental-health problems or post-traumatic stress disorder, he said.

Recently, the Army released a first-of-its-kind medical report that showed frontline action had adversely affected the mental health of some servicemembers. Dr. Burke, who advises DOD leaders on mental-health issues, said combat veterans and their families should watch for changes in behavior that can range from mild depressive and anxiety symptoms to trouble sleeping and nightmares.

"In the majority of the cases, these symptoms are transient; they are common and diminish with time," he said. Servicemembers may have the occasional sleepless night or memories that come back out of nowhere for years, "and that's normal."

Other symptoms to look for, he said, are sad and withdrawn moods, tearfulness, problems sleeping — too much or too little — and problems with appetite, memory loss and concentration. Drug and alcohol abuse also are symptoms of a problem.

But the problems are not always mild, and

the symptoms are not always subtle.

"If (people start) talking about hurting themselves [or] killing themselves, it's important to not panic but to take that kind of talk very seriously and get them to help," Dr. Burke said, "even if it involves calling 911."

The doctor said that mental problems can go on for years if not treated, and that symptoms of combat-related mental illness do not always happen right away. "They develop over time," he said.

An Army study published in the July edition of the New England Journal of Medicine showed that 6 percent of Soldiers and Marines returning from combat duty experienced mental health problems. Dr. Burke said the low number did not amaze him, based on what the Army has learned from studying prisoners of war suffering from post-traumatic stress disorder.

"The number of 6 to 12 percent is not surprising," he said. "The experience in the past among POWs," he said, "is (that) about 50 percent have PSD; among Vietnam veterans, over the years, about 30 percent; (Operation Desert Storm), 10 to 15 percent."

He said that declining percentage of combat-related mental-health concerns might be attributed to the military's approach to getting better mental-health services to servicemembers before, during "I would like to believe that part of that is because of the proactive care on the battlefield and the full range of services by the military health-care system," he said, "and the proactive preventive services that are provided (to) combat units."



Courtesy photo

Also, he said, screening now takes place before deployments, preventive service is provided during deployments, followed by more screening during redeployments and followup care at treatment facilities.

Dr. Burke said the low percentage also indicates that the majority of servicemembers surveyed are faring well under combat conditions. That may be because of realistic training and having the "best equipment in the world," he said.

He said that tougher training and better equipment, along with a more stable rotation schedule "has contributed to the resilience of (servicemembers) and their ability to handle the stresses of combat."

Dr. Burke said that Defense Department does not "want to see the Soldiers of today live through years of suffering when there's help available now."

The military has a number of resources to help those seeking assistance, he said, starting with the servicemember's chain of command. He also encourages them to talk with comrades or their chaplains.

He said that DOD "really cares" about its servicemembers and their families, and he encouraged them to take advantage of the various programs that are available.

"The help doesn't work if you don't come in to use it," he said. "Mental-health problems are problems that have solutions."

Servicemembers can get confidential counseling through the military's "One Source" program. The 24-hour-a-day service is for servicemembers and their families, and provides quick, professional assistance with problems.

huachuca-www.army.mil

# Duty, drugs don't mix

BY AMANDA BAILLIE

SCOUT STAFF

s today's Soldiers fight the war on ter rorism a battle of a different, but no less significant, kind is taking place closer to home – the war against drugs.

And the two are interconnected in more ways than one as troops try to not only combat the enemy, but also temptation.

"Substance abuse is a substantial and concerning problem in the Army," said Vern Hunter, alcohol and drug control officer with Fort Huachuca's Army Substance Abuse Program. "Being in the Services today is very stressful."

His colleague, Laurie Williams, prevention coordinator, adds, "In today's Army, Soldiers are expected to do more with less. There are more pressures and more stresses and because of situations like the war in Iraq, Soldiers can start turning to other methods of relieving their stress."

Most commonly Soldiers will take up drinking, she said, because it is legal and readily available, but some will start taking drugs.

"At the moment there are three drugs which are probably neck and neck in terms of how commonly used they are," said Sandy Bruce, installation biochemical coordinator. "They are marijuana, cocaine and methamphetamines. They are more readily available than they used to be but that's not necessarily because we are close to the border. Unfortunately, they are just as available anywhere in America."

However, Hunter and his team are quick to point out that they do not believe the problems with substance abuse are any worse than in a civilian environment.

In fact, figures show that the number of positive tests following monthly screenings is actually encouragingly low.

In 2001 just 87 people tested positive out of 13,423 screened. In 2002 the figure was 99 out of 13,163 and last year there were 76 out of the 8,908 tests carried out until September.

"We firmly believe that the screenings, which are carried out



by all units every month, are a deterrent," said Hunter, who served as a Soldier in Vietnam for two years. "And we can't really say that the numbers have increased over the years. They wax and wane."

While Fort Huachuca cannot claim to be the best when it comes to the prevalence of substance abuse, neither can it claim to be the worst.

"Fort Huachuca is probably in the middle," said Williams. "I think that may be down to relatively low stress levels as we are a training installation and, because of the students, we have a high population turnover."

According to ASAP there are many factors which can lead a person to turn to drinking or drugs.

K a t h y Thomson is ASAP's risk reduction program coordinator and part of her job is to look at the 21 domains considered to put Soldiers and their families at risk.

"We try to assess the dan-

gers and then to intervene," she said. "There are anonymous questionnaires which the Soldiers fill out where they can self-identify problem areas and these are then analysed by the Department of the Army. They are very much geared towards the trauma situations in the field and must be given to a Soldier within 90 days of their return home."

The biggest factor when it comes to substance abuse, however, is financial problems, followed by high stress situations such as spouse and child abuse, absent without leave, sexually transmitted diseases and suicide attempts.

It is ASAP's mission to eradicate substance abuse within the military and its education programs

are a major weapon in the war.

Williams took up her post just six weeks ago, following a 24-year Army career, and she is willing to go out to the units and teach classes about substance abuse.

"My first priority is to let the units know I am here and available to give classes and educate people," she said. "I am also planning to work closely with the local community in Sierra Vista, as well as go out to schools."

Soldiers will be referred automatically to ASAP, which also has a clinical team of military staff, should they test positive. And anyone can walk into ASAP if they need help.

The ASAP team is also planning to work more closely with the units to help them more easily identify any potential abusers.

"There are the more obvious signs such as a deterioration in appearance, but there are more subtle signs as well," said Hunter. "There are also many reasons why people turn to drink or drugs. Maybe they are just bored, they had a bad childhood, a love affair that went wrong or they just drink to forget."

For more information about substance abuse and its prevention, call Laurie Williams at 538-1315.



huachuca-www.army.mil July 22, 2004 **The First Hachra Sout**®

#### Office move

The Defense Military Pay Office at Whitside Hall, Room 8, will be closed today through Wednesday. The relocation of the In/Out Processing section of military pay will be conducted during this timeframe. Under the directions of the Garrison command group, the finance piece at Whitside Hall will be moving into Building 41420 with full operations beginning July 29. During this move, all in/out processing needs to include travel ,will be handled at the main office in building 22334. For more information, call Alphonso Curtis at 533-2902.

#### **Red Cross blood drive**

Fort Huachuca will host an American Red Cross blood drive sponsored by Network Enterprise Technology Command 4-8 p.m., today at Eifler Fitness Center (Building 82401).

Red Cross blood donor card or photo identification is needed. Remember to drink extra water and eat a small, low-fat meal or snack two to four hours before donating.

To schedule your appointment, call Jo Richter at 452-7987. Enter the Summer Superhero drawing for gifts from local merchants, including a grand prize vacation package.

#### Town hall meeting

The Gatewood 1-3 Community Town Hall Meeting is 7 p.m. Monday at Murr Community Center's Jackrabbit Room. Representatives from Housing, Provost Marshall's Office, Military Police Investigations and the command team will be in attendance to field all questions and suggestions. Children are welcome. For more information, call Mayor Brandy Flores at 459-7969 or Sgt. 1st Class Randy Flores, 538-1047.

#### **Welcome to Fort Huachuca**

Army Community Service Relocation Assistance Program offers the Huachuca Welcome, an orientation for newcomers to the Fort Huachuca area. The Huachuca Welcome is set for 9 a.m. Tuesday, Aug. 13 and 25.

To register, call ACS at 533-2330. Child care may be acquired by calling at least one week in advance to the New Beginnings Child Development Center at 533-5209 for reservations.

Costs incurred for child care are the responsibility of the attendee.

#### CALLS, from Page 4

stead of the attitude, "I need a job now" think, "Here are all the great things that I can do for your company."

Now you will want to keep this short and to the point so write a script or a 30-second advertisement about yourself. Use the format below but change the bold printed items to reflect your information:

"Hello, my name is J.O.B. Hunter. With more than six years of experience as an administrative secretary to company executives, I have arranged conferences with 200+ attendees. Experienced in using Office 2009 and Print Master Extreme.. I have an Asso-

ciates Degree in Accounting from Embry Brittle College, Flagstone, CA. I am seeking a position in conference management where I can improve bottom line results.. I may be contacted at (520) 555-1234 (cell) or (520) 555-6789 and my email is <a href="mailto:looking@hiringme.com">looking@hiringme.com</a>. When may I come in for an interview?"

Cold calling can greatly speed up the process of your job search

You'll have little competition because most people would rather passively answer classified want ads and sit back and wait for someone to call them.

Well, what are you waiting

#### **Wayland Baptist University**

Wayland Baptist University will begin fall term registration on Tuesday at the Rascon Learning Center and at the downtown campus at 1840 Paseo San Luis. Registration lasts two and a half weeks, with classes beginning the week of Aug.16. WBU provides daytime, evening and online classes. Wayland offers degrees in Business, Management, Communication Systems Technology, Management, Intelligence Operations, Criminal Justice, and many others. For more information or a free evaluation, call 459-6111.

#### **Techno Expo**

The 2004 Summer Information Technology Expo will take place at the LakeSide Activity Centre in the Main Ballroom with exhibits open 9 a.m. - 1 p.m. Wednesday. To view a list of exhibitors and to pre-register visit <a href="https://www.fedpage.com">www.fedpage.com</a> (pre-registration is not required to attend). All pre-registered attendees will be entered in a drawing for a chance to win a door prize. Complimentary continental breakfast, lunch snacks and afternoon refreshments will be served. For more information, call (800) 878-2940 ext. 207 or e-mail <a href="mailto:lindsay@fbcdb.com">lindsay@fbcdb.com</a>.

#### Family readiness training

Family Readiness Group training will be conducted 1:30 - 3 p.m., July 29 at Army Community Service (Building 50010).

The training will cover the basics of running an FRG and the recruitment of volunteers, and provide ideas on how to enhance FRG participation.

Registration is required. Call ACS at 533-2330 or e-mail pamela.j.allen@us.army.mil for enrollment.

#### **RWBAHC closed July 30**

The Raymond W. Bliss Army Health Center and both pharmacies will close at noon, July 30 for its Organizational Day. The last appointment will be at 11:30 a.m.

Patients are asked to take care of their medication/ refill needs earlier in the week or early that morning. The Medical Activity Command staff appreciates everyone's patience during the closure.

#### Installation retirement ceremony

The next installation retirement ceremony is scheduled for 7 a.m., July 30 on Chaffee Parade Field.

Military and civilians retiring can stand in this ceremony and receive recognition for their great service to this nation. If you are military, and planning to retire, contact your S1 for coordination.

If you are a civilian, call Suzette Krusemark, at 533-3185 or e-mail <a href="mailto:suzette.krusemark@us.army.mil">suzette.krusemark@us.army.mil</a>.

October's installation retirement ceremony will be at 4 p.m. Oct. 15 on Brown Parade Field.

#### High school hosts town hall

Buena High School will host a town hall meeting 5:30 p.m., Aug. 4 at Fitch Auditorium (inside Alvarado Hall off Hatfield Street), Fort Huachuca. The town hall is designed to give new and returning parents and students up-to-date information directly from Tad Bloss, principal, and Mark Boggie, lead counselor, who will address myths and zero in on facts. The forum will solicit feedback and record questions/answers and actions to be taken if any. Army Family Action Plan issues will also be discussed.

#### Calling Screamin' Eagles

The 101st Airborne Division Association National Convention will be held Aug. 4-8 in Hampton, Va., at the Hampton Holiday Inn and Convention Center.

This is the 59th annual reunion and will feature various activities around the Hampton Roads/Tidewater area. All members of the Division Association, both past and present, and their families are invited to attend.

For more information, call Jim Shamblen at (757)838-5654, fax (757)727-4070 or e-mail <a href="mailto:slick77@cox.net">slick77@cox.net</a>.

#### **BSEP class begins**

The Education Center will sponsor a Basic Skills Education Program class Aug. 4-20 to raise the General Technical score. For more information, call Bob Campbell at 533-5690 or e-mail robert.campbell@hua.army.mil.

#### **DeVry University**

Special undergraduate coursework is offered at DeVry University for active duty military and their spouses including a \$250 per credit hour charged for undergraduate coursework taken onsite or online with the application fee waived. A representative of DeVry University will be at the education center 1-4 p.m. Aug. 10-11 to answer questions about the undergraduate coursework available for active duty military and their spouses.

For more information, call Mike Boggs, assistant director of admissions at (888)299-8235.

### Water use consistently low

#### BY JOAN VASEY

MEDIA RELATIONS SPECIALIST

Fort Huachuca pumped 57,536,000 gallons or 177 acrefeet of water in June, the equivalent of 1.9 million gallons per day. The amount of water pumped during June, is the same as that pumped in June 2003, according to Mike Shaughnessey, real property manager, Directorate of Installation Support. However, last month's water use is 41.4 percent less than the 22-year June average from 1982-2003, which is 302 acre-feet.

The total water pumped from January 1 through June 30, 748 acre-feet, is 2.6 percent less than the 768 acre-feet pumped in 2003.

June 2004 water usage at the Libby Army Airfield, U.S. Department of Agriculture Forest Service air tanker base is 42,016 gallons. The total used from Jan. 1 through June 30 in support of wildfire suppression activities is 55,186 gallons.

Treated effluent reuse for June 2004 was 48.7 acre- feet. This represents water and energy

savings, as this is water that did not have to be pumped from the groundwater aquifer. The treated effluent was used to irrigate the golf course and Chaffee Parade Field /Prosser Village.

The lower water use in June is due to the continued aggressive water leak repairs; restricted outside watering policy; water conservation conversions with low flow fixtures and the efforts of the Water Wise Program, according to Shaughnessey.

The Fort Hachra Scot

#### LEAD, from Page 2

ciples when learning about leadership that should be made clear.

First, tyranny and dictatorship are incompatible to the rights of human nature; they are contradictory to leadership itself.

Second, leaders should have a drive for action and a sense of urgency that are centered around shared goals.

Third, leaders should act with respect for the values of the people they represent, which are in direct connection with their own personal convictions. In short, putting this in military terms, leadership is influencing others to accomplish the mission by providing purpose and direction.

If all this is true, then true leadership is very different from many theories of modern management that are centered on a command and control tradition. Retired Gen. Colin Powell, one of our Army's greatest leaders, once explained what the difference is between leadership and management. He stated, "Leadership is the art of accomplishing more than the science of management says is possible."

Another plus to this is that compromise, consensus and teamwork are pushed to the forefront. Why is this important for the leader/creative problem solver? Because if leaders are to act for the people they represent, they must first listen, establish trust, discuss, debate, understand and learn. Effective communication also becomes critical because it is the only way to inspire and persuade others.

It has always been difficult for some to understand and practice real leadership. As stated earlier, "it is more of an art than a science." In fact there are no set rules for leaders to follow; only guidelines and views, insights and ideas about thoughts and overviews.

This brings up a key question. How can a person learn to be an effective creative problem solver and leader? One way is by observing successful individuals. They can look at what has been done by evaluating their abilities with concrete, basic results. When studying great leaders from the past, consistent patterns begin to emerge. Many common skills become evident. Certain personality traits appear and reappear time after time from leader to leader, from century to century.

By careful observation, it becomes clear that effective leadership and problem solving requires other specific skills and abilities. For example, good leaders must have a vision and be decisive. Vision is more than viewing or seeing. Vision is foresight, influenced by insight, based on hindsight.

First, you look at what direction you want to move in. Second, you move on to what knowledge or skills you may have at the present time to do what you want to do. Third and last, you look at the lessons learned from past experiences.

Good leaders and problem solvers are able to communicate both their visions and their decisions to a wide range of people. Whenever you cannot describe the vision driving a change in five minutes or less and get a reaction that signifies both understanding and interest, you are in for trouble.

Effective leaders have a natural understanding of human nature that combines with the ability to care, establish trust, and build bonds. They are able to work in teams, which for the creative problem solver, leads to special skills in gaining agreements, compromising when necessary, and valuing the diversity of thought, different levels of ability, and diverse cultures.

Also, and probably most important, the best leaders have the ability to successfully create and manage change. They do not fear change or are not intimidated by change, in fact they embrace it when necessary.

In addition to these positive characteristics, truly great leaders tend to display certain personal traits (values) that are an integral part of their character. These include high ethical standards where someone consistently attempts to do the right thing, consistently wants to achieve, and has the desire for lifelong learning and improvement. To reach goals, to improve, to do the right thing, this person has to be motivated. Motivation is the energy or force that activates and propels an individual in the direction of activity or a particular goal.

A leader or creative problem solver may sometimes be called upon to influence their co-workers to reach a goal or solve a problem. This may often require them to go beyond their normal limits. When leaders and partners share the same values, motives are not questioned, discipline is not an issue, and the leader, peers and subordinates understand the bigger picture of reaching the goal, and solving the problem.

When a leader creates this environment, creativity flourishes and the combination of creative problem solver and leader is complete and becomes a reality. The results can be astonishing.

### Cost Warriors

#### Debbie Fullington, Beth Speece

Fullington and Speece saved Fort Huachuca thousands of dollars in Permanent Change of Station costs by reviewing Priority Placement Program determinations made by Department of Defence Civilian Personnel Offices. Specifically, when an CPO believed an employee registered in PPP was qualified to fill a Fort Huachuca vacancy, Speece and Fullington closely examined the determination to ensure the employee met the required qualifications. In three instances, Fullington and Speece clarified the requirements of the position and encouraged the personnel to relook their qualification decisions. Upon

reexamination, the DoD employees did not have the qualifications required for the positions and local employees were selected for the



Joan Vasey

positions. Over the past three months, this civilian personnel advisory center/civilian personnel operations center teamwork saved the installation an estimated \$100,000 in PCS costs by closely monitoring this vital DoD program to ensure that improper placements did not occur.

#### Tanja Linton, Joan Vasey

Linton and Vasey are nominated for Public Affairs Office cost warriors for self-help painting in PAO office. The commercial cost to paint two rooms is about \$500, including supplies, paint, and room preparation. PAO personnel used their own time and supplies to do this, saving this \$500 that PAO would have had to take out of their budget.

#### Lee Gerhardt

Gerhardt researched and iden-



Tanja Linton

tified alternative sources for staff training in ISHA programs. Previously, training was temporary duty to the Occupational Safety and Health Administration training center in Des Plains, Ill. Now Outreach Program Classes are usually in Phoenix, and occasionally Tucson. This saves both travel and per diem cost. Estimated savings between \$2,000 and \$3,000 annually.

#### **Otis Harris**

Harris is nominated for saving the installation and Department of Public Safety \$14,000 by convincing Training and Doctrine Command, US Army to pay for a new Integrated Commercial Intrusion Detection System.

### NCOs, Soldiers compete for trop

BY ERIC HORTIN

NETCOM/9TH ASC PUBLIC AFFAIRS

ong nights of studying and dozens of mock boards led 14 Soldiers from around the globe to Fort Huachuca for four days of rigorous competition. These Soldiers were all here for the U.S. Army Network Enterprise Technology Command/9th Army Signal Command Noncommissioned Officer and Soldier of the Year competition.

It would, however, be narrowed down to two Soldiers who will represent NETCOM/9th ASC at the Army Forces Command competition in August, at Fort McPherson, Ga. The winners, announced at the LakeSide Activity Center July 15, are:

Staff Sgt. John Manning, 5th Signal Command – NETCOM/9th ASC NCO of the Year.

Spc. Marylynn Villafane, 5th Signal Command – NETCOM/9th ASC Soldier of the Year.

Represented during the competition were all seven active component commands and one U.S. Army Reserve Theater Signal Command under NETCOM/9th ASC.

"The NCOs and Soldiers who participated in this year's competition have risen to the occasion and have conquered many adversities to make it this far in the competition," said Command Sgt. Maj. Ronald Desjardins, NETCOM/9th ASC. "The 14 NCOs and Soldiers who participated in this year's competition will be the leaders of our future and will have an impact on the quality of the Signal Regiment and the Army."



Photo by Eric Hortin

Spc. Eduardo Lopez, 160th Signal Brigade, knocks out another sit-up at the Army Physical Fitness Test during the Army Network Enterprise Technology Command/9th Army Signal Command Noncommissioned Officer and Soldier of the Year competition.

Soldiers were tested in several areas to determine who would best represent NETCOM/9th ASC at future competitions. Areas included Soldier common tasks such as communicating by tactical radio, evaluating a casualty, and conducting unmasking procedures; a mystery task, which consisted of filling out a range card; M-16 rifle marksmanship; day and night land navigation with both a compass and global positioning system; the Army Physical Fitness Test; a written test with essay and the sergeants major board.

Throughout the competition, Soldiers remained focused on their immediate tasks, but the question on all their minds was pretty much the same.

"Who's going to win at the end of the week?" said Staff Sgt. Keith Hunt, 93rd Signal Brigade. Hunt had just returned from a 60-day deployment in Haiti, where he worked as the Systems Control watch officer for the task force. Like the rest of the Soldiers, he spent what little time between his return and the competition studying and performing at mock boards.

"We had the list of events

about a month prior," said Staff Sgt. Silas Williams, 160th Signal Brigade. "Every two or three days, we [Williams and Spc. Eduardo Lopez] would end up studying different areas. Everything we've been doing here, we've been practicing in Kuwait."

For many of the Soldiers, it was a team effort because where every Soldier went, a sponsor followed. Sponsors were the competitors' coaches, helping them study, quizzing them constantly, and always watching to help make corrections or



provide tips.

"Staff Sgt. [Douglas]

Ostheimer has been taking a lot

of personal time to help me," said Sgt. Dazzerie Guzman, 11th Signal Brigade. "He helped me get my Class As together, land navigation training... He's been helping me a lot. I owe him."

"To me, it's not about winning," Williams said. "It's about competing and having a good time. Hopefully, it's the same way with the rest of the competitors."

In the end, it was Manning and Villafane taking center stage.

"When they called my name, I kind of thought I was going to pass out there for a second," Villafane said. "My cheeks hurt from smiling. It's really exciting, and I was really glad to represent 5th Signal Command, 7th Signal Brigade, all the way down, and now to represent NETCOM."

"The competition here at NETCOM was really great," Manning said. "This was my first opportunity to compete in a competition that required soldiering skills, anything other than a board.

"Now that I've won this competition, I'm looking forward to winning the Department of the Army NCO of the year award."

Both Manning and Villafane received several trophies, U.S. Savings Bonds, cash and gift certificates from national and local organizations. They will represent NETCOM/9th ASC at



Photo by Sgt. 1st Class Gary Calloway

NETCOM/9th ASC Noncommissioned Officer and Soldier of the Year competitors plot points on a map during the land navigation course.

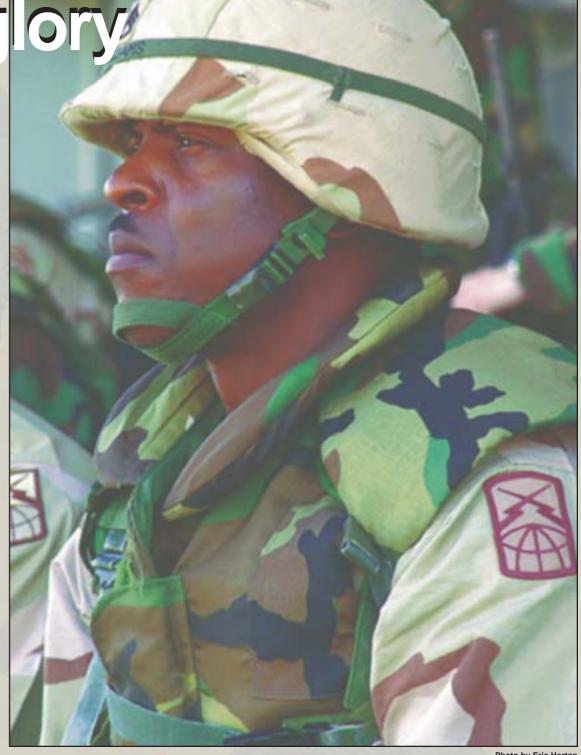
hies, bonds, glory



Staff Sgt. John Manning, NETCOM/9th ASC Noncommissioned Officer of the Year from 5th Signal Command, takes some time to reflect and relax before the M-16 rifle qualification range.

the Forces Command, US Army NCO and Soldier of the Year competition next month.

> Every two or three days, we would end up studying different areas. Everything we've been doing here, we've been practicing in Kuwait." Staff Sgt. Silas Williams



Staff Sgt. Silas Williams, runner-up NETCOM/9th ASC Noncommissioned Officer of the Year from 160th Signal Brigade, focuses on the range briefing at the M-16 rifle qualification





Spc. Marylynn Villafane, NETCOM/9th ASC Soldier of the Year from 5th Signal Command, has her weapon cleared at the M-16 rifle qualification range.

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### **ARNEWS** marks 60-plus years serving Soldiers

ARNEWS COMPILATION

Sixty years ago this week, the Army News Service was reporting the fierce fighting among hedgerows of Normandy, leading to the allied breakout at St. Lo July 25, 1944.

The Army News Service actually began reporting breaking news in early 1943 to Soldiers deployed across the globe for World War II

Army News Service was established as part of Information & Education, an organi-

zation that evolved into the Command Information Division of Army Public Affairs. Now called ARNEWS, the news service was then known as ANS.

A cadre of officers was organized in January 1943 at the Pentagon under what was first called the Special Service Division of the Army's Bureau of Public Relations.

At the Pentagon, copy from AP, UPI and the International News Service was rewritten by ANS and transmitted by the Signal Corps to installations across the states and overseas

On June 15, 1943, ANS moved its operation to New York City.

In October, an ANS bureau opened in San Francisco to give the news service a broader base of operations. The office in San Francisco solved a problem ANS was having dispatching news to the Pacific and Alaska, according to Pulwers.

The "Stars and Stripes" newspapers placed a heavy demand on ANS for breaking news and sports, according to Pulwers.

He reports that in return, GI journalists for the Stripes often filed their copy back to ANS to be placed on the wire.

Hundreds of camp and unit newspapers were springing up across Europe and the Pacific. ANS began transmitting the Camp News Service to these publications.

ANS was not only read in military newspapers across the world, but also heard by millions of overseas listeners to the American Forces Radio Service, which often used ANS bulletins in its radio news reports.

#### COINS, from Page 6 -

another I received for representing the Army when doing some community work," said Mettke, a military driver. "I think sometimes coins can be given out too easily, but there are others that mean something and have a story behind them. It's good if you've had to work for them and I usually carry a couple with me."

Since receiving his first coin in 1995, German liaison officer Lt. Col. Helmut Schaefer has become an avid collector.

"I really like this system of presenting coins and I would love to see the German Army do the same," said Schaefer, who has been presented with around 40 coins

"All the coins I have remind me of a certain person, a certain unit and a certain situation. For me, they are a personal gift."

In fact, he believes it to be such a wonderful tradition; he has even had a German coin minted, which can be presented to units or individuals during his tour of the U.S.

"They are different from a picture or a plaque," said Schaefer. "It's something you can keep with you all the time to remember your experiences."

Side panel on challenging

The World War I pilot who struck bronze medallions for his comrades not only began an Army-wide tradition, he also unwittingly saved his own life.

Shortly after receiving the coins, the pilot was shot down over France. The young lieuten-

ant was captured by Germans and sent to a small French town near the front, where he managed to escape.

Fortunately, he stumbled upon a French outpost, but was mistaken for a German saboteur and faced execution.

However, when the pilot presented his medallion to his would-be executioners they recognised his squadron insignia and instead presented him with a bottle of wine.

When the pilot later returned

to his squadron and related his tale, it soon became customary in his unit to carry a coin at all times.

Now tradition holds that those who do not carry their coin face losing a 'coin challenge,' in which a person presents a coin to prove membership.

Those without their coins must buy a round of drinks, but if they can produce their coin, the challenger has to dig into his pockets instead.



### Service News

#### **Getting sailors to join Army**

Navy personnel officials are working side by side with their counterparts in the Army on a program designed to facilitate the transfer of qualified naval officers and Sailors to active duty in the Army.

The new program, called Operation Blue to Green, could offer financial bonuses and will include four weeks of extra training for those with skill sets most needed by the Army.

The Army is especially interested in Sailors with skills that translate easily to Army jobs, including cryptology, fire control, air traffic control and mechanics.

A complete list of Navy to Army jobs are available on the Operation Blue to Green Web site at <a href="www.goarmy.com/btg/index.htm#benefits">www.goarmy.com/btg/index.htm#benefits</a>.

Air Force, Marine Corps and Coast Guard personnel are also being encouraged to apply. **Alcohol a no-go for Marines in** 

Servicemembers deployed to Iraq in support of Operation Iraqi Freedom are in a 24-hour duty status. Whether it is a Saturday night

or Tuesday afternoon, alcohol consumption in Iraq is handled as if the offender is drunk on the job.

With the frequency of direct and indirect fire attacks on coalition forces based in Iraq, a Marine's sobriety might be the deciding factor in making decisions that could save his life or the life of a fellow Marine.

Other possible adverse medical effects include loss of inhibitions, dehydration and risk of contamination.

#### First guided launch conducted

A test team from the Global Power Fighters Combined Test Force at Edwards Air Force Base, Calif. moved a step closer to demonstrating the full combat capability of the newest variant of the AIM-9 Sidewinder missile on the F-16 Fighting Falcon

Maj. Bill Peris, a 416th Flight Test Squadron test pilot, fired the AIM-9X from an F-16 recently, successfully acquiring and scoring a kill against a Navy subscale drone. This was the third time the AIM-9X was fired from an F-16, marking the variant's first guided launch from the aircraft.

During the test mission, Peris was flying at medium altitude in an operationally representative engagement. A C-130 Hercules crew, taking off from Naval Air Weapons Station Point Mugu, Calif., released the target drone over a test range at nearby China Lake Naval Air Weapons Center, Calif., where the test mission took place.

The AIM-9X Sidewinder is a supersonic, heatseeking, air-to-air missile carried by Air Force and Navy fighter aircraft. It provides increased launch capability using the Joint Helmet Mounted Cueing System that allows pilots to acquire and track targets well beyond their line of sight, and engage targets not possible with previous AIM-9 variants.

The missile performed as anticipated and proved its combat effectiveness, he said.

#### U.S. training Arab air forces

The United States, working with United Arab Emirates, is now training future Arab air force leaders.

Iron Falcon, a monthlong exercise held at the Emirate Air Defense Air Warfare Center in the United Arab Emirates, is upgrade training for mission commanders.

Iron Falcon was developed by U.S. officials in cooperation with United Arab Emirates officials for multiple reasons. One reason was to keep proficiency at the highest possible level. Another reason for the exercise is the diplomatic benefit and Air Force senior leaders wanted to emphasize the value of training with allies.







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Sgt. Abimael Leon, a Texas National Guardsman from Chandler, Ariz., and Spc. Emily Plasterer, a member of the Indiana National Guard from Churubusco, Ind., are performers with the 2004 U.S. Army Soldier Show.

### Soldier Show

### Variety, entertainment come to town

The 2004 U.S. Army Soldier Show is set for 7 p.m., Aug. 2, and 5 and 8 p.m., Aug. 3, at Buena Performing Arts Center, Sierra Vista.

The 2004 U.S. Army Soldier Show is a high-energy 90-minute live musical review showcasing the talents of active duty soldiers who are selected by audition from throughout the Army. They are amateur artists who have a passion for music, dance and performing. They come from infantry, artillery, transportation, military police, medical, intelligence, armor, aviation, signal and other tactical units. The show is assembled in six weeks, and then tours for six months.

Country, rock, pop, gospel, rhythm and blues, and Latin music are intertwined throughout the 90-minute show, including the works of Rascal Flatts, Prince, ABBA and Outkast.

Nineteen performers were selected from 138 Soldiers who auditioned for the show. The cast will conduct 110 performances during a six-month tour to 21 states, Germany, Italy, Washington D.C., and Guantanamo Bay, Cuba.

The cast and crew include active

duty, National Guard and Reserve Component Soldiers from 12 states, Germany and Korea. They vary in rank from private first class to first lieutenant, including a chemical operations specialist, a multi-channel transmission systems operator and a light-wheel vehicle me-

Tickets for the 2004 Soldier Show are available at MWR Box Office and Sierra Vista Safeway.

Admission to the show is free, but you must have a ticket. For more information, call 533-2404.

#### Special night paintball session

The Sportsman's Center will offer a special session of night paintball, 8 - 11:30 p.m., Friday. For more information, call Mick Gue at 533-7085.

#### Boating safety class scheduled

MWR Rents will offer a boating safety class 8 a.m. -5 p.m., Saturday at MWR Rents Building 70914, Irwin Street. The class is free and open to the public.

The boating safety class is required for anyone who wishes to rent a boat from MWR Rents. For more information, call 533-6707.

#### Irwin Pool hours change for weekend

Irwin Pool will be closed Saturday to prepare for the Triathlon that is being held Sunday. The pool will open at noon, Sunday, instead of its regular time of 10 a.m. For more information, call 533-3858.

#### Open skeet shoot

The Arizona Skeet Shooting Association will present the Summertime Open Skeet Competition, starting at 8 a.m., Saturday and Sunday at the Sportsman's Center.

For more information, call Mick Gue at 533-7085.

#### New pottery, raku, sculpting class

The MWR Arts Center is offering a new combined class in pottery, raku and sculpting, 6 - 8 p.m. Mondays through Aug. 23. Cost of the class is \$55, which includes materials. For more information, call 533-2015, or stop in at the Arts Center, located on Arizona Street, across from the Commissary, to register.

#### PayDay Scramble at MVGC

Mountain View Golf Course will host the next PayDay Scramble at 12:30 p.m., July 30. For more information, call 533-7088.

#### Free art classes for active duty, families

The MWR Arts Center will offer free art and craft

classes to active duty military and their immediate family members, all day July 31 and continuing every other Saturday thereafter. All attendees must have a military identification card.

Register in advance at the MWR Arts Center, located on Arizona Street, across from the Commissary.

For more information, call 533-2015.

#### **Hunter education class offered**

The Sportsman's Center and the Arizona Game and Fish Department will present a hunter education course 6:15 - 9:30 p.m., Aug. 2, 3, 5, 10 and 11. Range day will be 8 - 11:30 a.m, Aug. 14. The class will be held at the Sportsman's Center. This course is designed to teach safe handling of firearms and ammunition in the home and in the field.

The course is open to all ages, and family participation is encouraged. It is taught by volunteer instructors certified by the Arizona Game and Fish Department.

Cost is \$5 per participant. This class is required by law for youth, 10 - 14, who wish to hunt big game.

For more information or to register, call 533-7085.

#### New hours at "Time Out"

Time Out is now open 9 p.m. - 4 a.m., Fridays and Saturdays. Friday nights you can rock and roll to the sounds of Top 40, Hip Hop and R&B, played by Time Out's disc jockey.

Saturday nights are "caliente," featuring Latin rhythms. The music starts at 10 p.m., both nights.

For more information, call Saul Caraballo at 533-2193.

#### New hours at Sportsman's Center

The Sportsman's Center has announced that the facility will no longer be open Sundays. New hours at the facility will be 9 a.m. - 5 p.m., Wednesday - Saturday. For more information, call Mick Gue at 533-7085.

#### LakeSide hosts bingo

The LakeSide Activity Centre hosts bingo at 6:45 p.m.,

Tuesday, Thursday and Saturday, and at 12:45 p.m., Sunday. The LakeSide is a smoke-free facility with a lighted parking area. A snack bar is available, and there's complimentary coffee while you play.

For more information, call 533-2193.

#### Fun Fest vendor applications available

Vendor applications are now available for the 2004 Fun Festival, to be held Sept. 17 - 19 at Veterans Memorial Park, Sierra Vista. The festival is open to the public and an attendance of approximately 5,000 is

Applications can be picked up at Barnes Field House, and must be postmarked before Sept. 7.

For more information, call 538-2022.

### **Ex** Ulice

#### Loggins tickets twofor-one at Box Office

MWR Box Office has a special offer for tickets for the Kenny Loggins concert, 7:30 p.m., Wednesday, at the Tucson Convention Center.

Any military identification card holder who buys one ticket, will get one free.

The Box Office also has tickets for the following attractions at TCC: Aug. 2, John Fogerty; Aug. 2, Slipknot/Slayer; Aug. 4, Rod Stewart; and Aug. 6, Weird Al Yankovic; Aug. 12 and 13, the world-famous Lippizanner Stallions; and Sept 23 - 26, El Tiradito.

These tickets may be purchased 10 a.m. - 4 p.m., only.

### Fort Hachaca Directorate of Morale, Welfare & Recreation is responsible for content appearing on the MWR page in The Fort Huachuca Scout. Questions about this section should be

directed to MWR Marketing Director, Paula German, at 538-0836 or send an e-mail to paula.german@hua.army.mil or visit us on the Web at mwrhuachuca.com.



#### **Post sports**

For the latest in Commander's Cup volleyball and golf, see Page 29

### Post pools safe thanks to lifeguards

SCOUT STAFF

The Fort Huachuca community can rest assured that the post pools will be the safest place to cool off this summer since they're being watched over by the Cheaters.

Fort Huachuca's Cheaters, a lifeguard team, won a multifaceted

life guarding competition Monday at The Cove in Sierra Vista. They competed against three teams from Sierra Vista, two teams from Tucson and another post team.

The three male, three female team participated in activities such as a 500-meter swim, 2-mile run, first aid and lifesaving tasks, a "sweat suit relay" and a "massive relay."

The "sweat suit relay" gets the team in sweat pants and sweat shirts and challenges them to swim across the pool while changing clothes with each other, described team member Alex Laszok. The recipe for success includes swimming skills, strategy and a lot of teamwork, he said.

The Cheaters were definitely excelling in the teamwork part. "We all got along," said team member Ron Ellsworth. "Some teams didn't get along and you could tell. It slowed them down."

Teamwork proved the most vital during the "massive relay," especially since the team started out handcuffed together, and the key to their freedom lay at the bottom of the pool, 13 feet below.

After the teammates were free, they had to swim 50 feet across a wave pool, eat some worms and complete a crossword puzzle composed from information from the lifeguard manual, Ellsworth said.

"The whole thing was fun," Ellsworth said. "It was fun from the moment we started training.'

The lifeguards started training just a week out for the competition, but not knowing all the events left them with little to train for, Ellsworth said. They reviewed their lifesaving skills, chose teams and decided on their most competitive swimmers and runners.

Their competitiveness and life guarding skills paid off with this year's first place win. This is the second year they've won this competition. The post's other lifeguard team, Cheaters Too, came in fifth.



Ron Ellsworth, Casey O'Malley, Brittany Whitley, Alex Luszok and Sarah Hicks are members of the post lifeguard team.

### Marine/Navy stifles Co. A 305th

BY SPC. SUSAN REDWINE SCOUT STAFF

The Marine/Navy volleyball team put down the Company A, 305th Military Intelligence Battalion team in league two play July 15 at Barnes Field House. The Marine/Navy team won the first two games to win the match, averting a need to play a third.

Marine/Navy coach William Mullis said, "We want to win." He also remarked that the team practices any chance they are able to.

The Marine/Navy team served first and quickly took the first five points before losing the serve and gaining it back again. The team steadily added to the tally, putting their points at 10 before allowing the MI team to have one point. Regaining the serve, the Marine/ Navy team cranked out four more points, putting them on the verge of an easy win, then lost the serve to the MI team, who eked out two more points. The Marine/Navy team then took the serve advantage and through the one more point to secure the

After the first game, 305th team evened team captain Mike Pezeshki said, "We can't make the errors we did in the last game." He said his team hadn't practiced much and had gotten to the season late.

"Next week we'll be a different team," he said.

The second game was a less lopsided battle with the MI team taking the lead early and hanging onto it for a good part of the game. It was back and forth, both teams earning a points but still trailed. The

point or two before losing the serving advantage.

Halfway game, the Marine/Navy the score, 7-7, before finally outpacing the more errorprone MI team.

Both teams fought hard for the ball, several times exchanging a prolonged string of volleys. The Marine/Navy team started to increase the momen-

tum and added several more points to the scoreboard, while the MI team earned a few

> scoreboard read 13-12, Marine/ Navy, when the team put the nails in the coffin and scored two more points for the win.

"It was a good second game," Pezeshki said. "It's disappointing to lose,

though."

Mike Pezeshki

We can't make the

errors we did in the

last game, next

week we will be a

different team.

"We did real good," Mullis said. "They did a good job; what I expected them to do." The Marine/Navy team remains undefeated.



Photo by Spc. Susan Redwine

Co. A 305th could'nt outscore the Marine/Navy team.

The Fort Hachra Scott®

July 22, 2004

### Fit For Life

# Overload, how to avoid it

BY GEORGE R. COLFER, PH. D.

There are two very important principles that can be applied to various types of physical training in order to seek improvement. The principles of overload and specificity must be utilized if progress in fitness and sport is to be made. However these principles do not relate to sport skill improvement unless it is a result of increased strength, muscular endurance, cardiovascular endurance or flexibility. Outside of practicing specific sport skills or related motor ability skills (agility, balance, coordination), these health-related fitness components provide the means to personal fitness, military fitness and sport fitness. A look at the two principles by definition.

Overload: Work must be completed to a point beyond which the task is easily performed. This can be applied to the musculoskeletal or cardiovascular systems.

Specificity: Improvements or gains in any task are dependent upon the type, amount and quality of work performed.

To put these principles in perspective regarding specific fitness activities, the following will be used for illustration.

Strength training: (musculoskeletal system)

To overload in strength training (free weights, strength machines or dumbells), the following methods can be used.

- A. Increase resistance/weight load.
- B. Increase number of repetitions in a set or circuit.
- C. Increase number of sets or circuits.
  - D. Increase number of training days.

E. Decrease amount of rest between sets or circuits.

F. Change exercises in your routine.

It is recommended to only make one change at a time and allow the body to adapt to the new demands placed upon it before other changes are added. With some experience, it is acceptable to mix or alternate methods on different training days. Specificity in strength training can relate to the muscles being trained or the purpose for training such as power training, muscular endurance, body development or sport specific training. In any case, training must be specific to its purpose.

For free body exercises such as pullups, push-ups, sit-ups, dips, overload can take place from methods B, C, D, E, and F, since bodyweight remains a constant. Specificity relates only to the muscle groups being trained since the primary purpose of free body exercise is muscular endurance and a measure for relative strength.

Run-swim-bike aerobic activity: cardiovascular system)

Overload can be provided by the following methods.

- A. Increase training distance (daily/weekly).
  - B. Increase training intensity or pace.
  - C. Increase number of training days.
- D. Apply different training techniques: interval, sprint and tempo-type training. Runners and bikers can also add hill training.
- E. Cross train: Substitute or add a different training mode.

The same recommendation applies here. Make only one change at a time and all changes should be made with

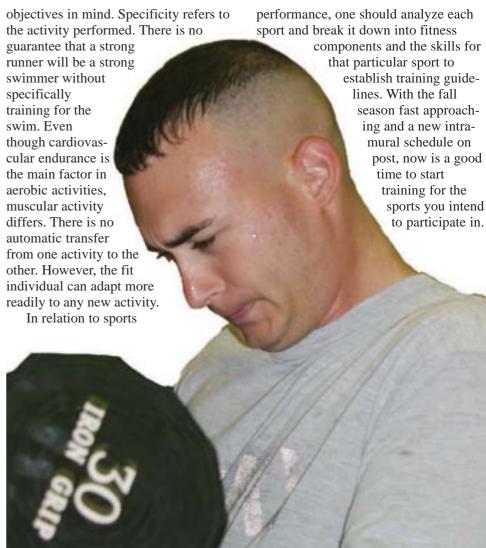


Photo by Elizabeth Har

### Army Ten Miler ups field to 20,000

**ARMY NEWS SERVICE** 

The Army Ten Miler increases to a field of 20,000 runners this year and nearly half of that number is already registered for the Oct. 24 race.

Entries totaled 9,700 after the July 4 weekend, and race officials said there is an indeterminate time left to sign up. Registration is over when the meter hits 20,000, and it is expected to do so well before the Sept. 17 calendar deadline.

It will be the 20th year for America's largest 10-mile race. The run begins at the Pentagon, winds through Washington, D.C., and returns to the headquarters of the U.S. military.

"I'm not sure how many Army Ten-Milers I've run, but it has to be close to 10 with my first race being either 1987 or 1988," said Lt. Col. Dick Kuehl, an executive officer and

military assistant in the Office of the Assistant Secretary of the Army. "The competition has really improved. In the 80s, my 55:12 finish time placed me in the top 35. In 1995, my 55:20 time placed me only in the top 100."

"Each year I see many of my old teammates," said Kuehl, . In the past, he has run on teams Fort Harrison, Ind.; Fort Campbell, Ky.; Eighth Army in Korea; Fort Bragg, N.C.; the Military District of Washington (the race host), and the Pentagon.

Leslie Higgins, a Floridian, has registered for the race. Higgins had never heard of the Army Ten-Miler until this year, but she said that she already feels a connection to the race. Higgins served in the Women's Army Corps in World War II.

At 79, Higgins trains 30 miles a week including three days of seven-mile workouts and a 10-mile run on the weekends.

Back in 1998, elite track star Alisa Harvey of Manassas, Va., ran her first Ten Miler, winning the women's title in that year, 1999 and in 2003.

"For me, there are a couple of reasons why I like to run Army," said Harvey, one of the nation's top 800-meter runners in the 1990s. "The main one for me is the time of the year. Summer racing is over and it's starting to cool in October.

"The other reason is location."

Harvey has benefited greatly over the years from a huge fan base that easily recognizes her on the course, a fact not lost on her. "The turnouts are huge," she pointed out. "And, you are running around scenic Washington. It's not just a race

See TEN, Page 29

### Soldier qualifies for Olympic 10K race

BY TIM HIPPS

ARMY NEWS SERVICE

Oregon National Guard Capt. Dan Browne has earned a berth on Team USA for the 10,000-meter race in Greece by placing third in the event at the U.S. Olympic Track & Field

The only other military athlete to qualify for the USA Track and Field Team so far this week was Air Force 1st Lt. James Parker, who won the hammer throw July 12 with a hurl of 77.58 meters/258 feet. The track and field trials at Sacramento State University run July 9-18.

Browne, a 1997 graduate of West Point and former member of the U.S. Army World Class Athlete Program, finished the 10,000 meters in 28 minutes, 7.47 seconds on opening night July 9. Meb Keflezighi of Mammoth Lakes, Calif., won the race in 27:36.49.

Browne, who earlier this year qualified for the Olympic marathon, said he hasn't decided yet if he will compete in both events in Athens.

"I'm going to run the marathon, that's for sure, but the 10K is a great precursor," he said. "I need to sit down with [Coach] Alberto [Salazar] and talk it over."

Army Capt. Ryan Kirkpatrick, a WCAP distance runner, also competed in the

16

around the midway mark to conserve energy for the 5,000 meters July 12.

"I was really feeling fatigued at about 3,000 meters into the race," he said. "Then the pace really sped up and I felt the effort was way too much."

Three nights later, Kirkpatrick was running on the leaders' shoulders until the final three laps when he faded to a last-place finish in 14:08.82 in the second semifinal heat of the 5.000.

Army Sgt. Sandu Rebenciuc finished the second heat of the 3,000-meter steeplechase semifinals July 12 in fourth place with a personal-best time of 8:30:45 that propelled him into the final heat scheduled for the evening of July 15.

"It was a [personal record] by only two seconds, but it was a different kind of PR," Rebenciuc said. "I came in strong at the end, looking back, not even pressing that hard. I never really kicked."

A native of Romania, Rebenciuc defected in 1988 and came to the United States in 1990. He joined the U.S. Army in 1998 and entered WCAP one year later. He competed in the 2000 U.S. Olympic Team Trials but failed to reach the final.

"There are a few guys in there who are really, really tough to beat, but they could

10,000 meters but dropped out have a bad day and then it's anybody's run," Rebenciuc said about his upcoming chance to make Team USA.

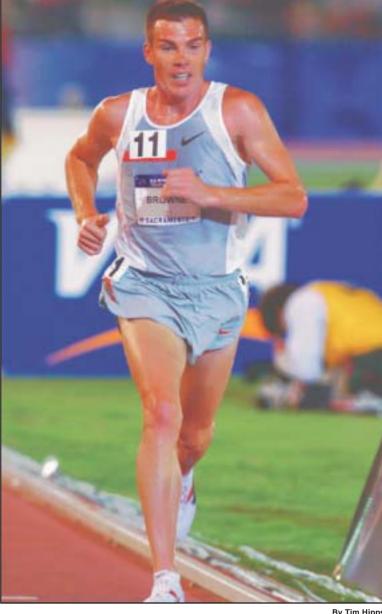
> Army Spcs. Regan Nichols and Quinton Milner reached the 400-meter semifinals but did not advance to the final. Milner finished seventh in the first heat in 51.28 seconds. Nichols was fifth in the second heat in 49.60.

> Army Spc. Lakeisha Backus advanced from the first round of the women's 100 meters but was eliminated in the semifinals with a time of 11.52 sec-

> Army Spc. Pamela Simpson finished 12th in the first flight of the women's long jump qualifying round with a leap of 6.05 meters/19 feet, 7 inches and failed to reach the final.

> Army Capt. Michael Mai, a 2000 graduate of the U.S. Military Academy at West Point, N.Y., and member of WCAP, fouled on two of his first three attempts in the hammer throw but launched the other 68.41 meters to grab the final of eight spots in the second round of the hammer finals. He finished eighth with a throw of 68.86 meters/225 feet, 11 inches.

> Army Staff Sgt. Tonyo Sylvester finished eighth in the shot put with a heave of 19.57 meters/64 feet, 2 ½ inches. U.S Olympic Trials record-holder Adam Nelson won the event at 21.64 meters/71 feet.



Oregon National Guard Capt. Dan Browne secures his second Olympic berth with a third-place finish in the 10,000 meters with a 28:07.47 clocking in the 2004 U.S. Olympic Track & Field Team Trials at Sacramento State University.

The Fort Hachra Scott® July 22, 2004 huachuca-www.army.mil

#### **Art show**

The Huachuca Art Association, Inc. is sponsoring the exhibition, "Pastel Persuasion," through Aug. 1. The Gallery is open Thursdays through Sundays from noon to 4 p.m. Or for an appointment outside these days/hours, call E. Manion at 803-1262. The Gallery is located at 3816 Astro St. in Hereford (Astro St. is off Hwy. 92, less than four miles south of Buffalo Soldier Trail). For information, call Jim Coleman at 803-0727.

#### Goat milking

The Desert Spirits 4H Club from Palominas will demonstrate their milking expertise at the Bisbee Farmers Market Saturday, at 10 a.m. The County Health Department will demonstrate making healthy meals of fresh veggies at 9:30 a.m. and 10:30 a.m. The farmers market is open every Saturday from 8 a.m. to noon in Vista Park in the Warren section and is sponsored by the City of Bisbee and the Bisbee Chamber of Commerce.

#### **Butterfly lecture Sunday**

Priscilla and Hank Brodkin will give a lecture at 1:30 p.m. Sunday on "The Butterflies of Southeastern Arizona" at the Carr House Visitor Information Center. The two lepidopterists, butterfly photographers, and international tour leaders will share many of their slides and knowledge of these beautiful creatures. The Carr House is located approximately seven miles south of Sierra Vista. Travel Highway 92 and turn right (west) on Carr Canyon Road. Continue on for approximately 2.4 miles. The pavement ends at the forest boundary but the dirt road is suitable for passenger vehicles. Turn left where the road forks to enter the parking lot area. Carr House hours are 9 a.m. to 4 p.m. The visitor center is open Saturdays and Sundays through Oct. 3. Every second and fourth Sunday at 1:30 p.m., Carr House features nature-related programs that are open to the public and offered at no cost.

#### Youth soccer camp

Youth Services is sponsoring weekday soccer camps for youth, 8-15, from 10 a.m. to noon, Mondays - Fridays through Aug. 2. The camps will focus on soccer fundamentals and teach youth ball handling, turning, control of the ball, shooting and heading skills. The in-

structor is Barry Morris who was a professional level coach in Great Britain and has extensive experience in coaching and instructing soccer. Cost of the camp is \$25 and each participant receives a soccer ball and a T-shirt. For more information, call Youth Services at 533-3212.

#### **Greyhound adoption**

The Sierra Vista Greyhound Adoption League will host a Greyhound Adoption Day from 10 a.m. until 2 p.m. July 31 at Ramsey Canyon Feed and Pet Store, 4107 E. Glenn Rd., Sierra Vista. Retirement is not and end, but a beginning to a new and different way of life. The dogs available are ex-racers, recently retired from the track and the Greyhound Adoption League is dedicated to their rescue and placement.

This program is also in need of temporary homes for these beautiful dogs. For more information, call 378-1763

#### **Vacation Bible School starts**

The Main Post Chapel will host this summer's Vacation Bible School, 8:30 a.m.-noon, Aug. 2-6 for children who have just finished kindergarten through those who have just finished fifth grade. VBS volunteers with preschoolers may bring them for a special preschool VBS. Pre-register for VBS 9:30 a.m.-noon, Saturdays at the Main Post Exchange or during duty hours weekdays at the Main Post Chapel. For more information, call Dan DeVeny at 533-4598.

#### Gospel revival

There will be a revival beginning at 7 p.m. Aug. 4-6 at the Kino Gospel Service. Pastor Felix Gilbert, senior pastor of Restoration Christian Fellowship, Denver, will be the guest speaker and teacher. The revival theme is: Come! Let God rock your world. Featured guests include the Restoration Worship Ensemble in concert at 6:30 p.m., Aug. 7. The revival concludes with the morning worship service at 9:20 a.m., Aug. 8. For more information, call Chaplain (Lt. Col.) James Stephen at 533-4711. The Kino Chapel, Building 51201, is located at the corner of Tyndall and Kino Avenues.

#### Birding, nature festival

The 2004 Southwest Wings Birding and Nature Festival Aug. 4-8 at the Copper Queen Convention Center in

Bisbee. There will be vendors and exhibits, live animals and vendors who would like to set up a table can do so at a nominal fee. For more information, call 803-7412.

#### **Bowling conference**

The USA Bowling Coaching Program will hold a Bronze level coaching certification conference Aug. 6-8 at Karen Pullman's Pro Shop and Bowling Center, 7990 S. 1300 E. in Sandy, Utah.

To register for this conference, download a registration form from USABowlingCoaching.com or call USA Bowling Coaching at (800) 514-BOWL, ext. 3206 or 3329.

#### Little league

The Sierra Vista Little League fall baseball registrations have started. You can register online at <a href="https://www.eteamz.com/sierravistalittleleague">www.eteamz.com/sierravistalittleleague</a> or at Big 5 beginning at 10 a.m. on Aug. 7. The age groups will be based on your league age for next season, that is the child's age as of July 31, 2005. Children from Sierra Vista, Fort Huachuca, Tombstone, Huachuca City, Bisbee, Hereford, Palominas, Sonita and other surrounding communities are eligible to play. For more information, call or e-mail Scott Delibac at <a href="mailto:sierravistalittleleague@yahoo.com">sierravistalittleleague@yahoo.com</a> or at 458-1186.

#### Wildlife photography

Marty Cordano will share his experiences of photographing Arizona's wildlife at 1:30 p.m. on Aug. 8 at the Carr House Visitor Center.

Cordano, contract photographer for Arizona Highways, will show a slide presentation of his work. The Carr House is located approximately seven miles south of Sierra Vista. Travel Highway 92 and turn right (west) on Carr Canyon Road. Continue on for approximately 2.4 miles. The pavement ends at the forest boundary but the dirt road is suitable for passenger vehicles. Turn left where the road forks to enter the parking lot area. Carr House hours are 9 a.m. to 4 p.m. The visitor center is open Saturdays and Sundays through October 3. Every second and fourth Sunday at 1:30 p.m., Carr House features nature-related programs that are open to the public and offered at no cost.

# ts GThe Week—



Snoopy is a red-tick coonhound puppy. He's very friendly and playful.



Vanessa is a young shorthaired gray tabby. She loves attention.

These animals and more are available for adoption from the Fort Huachuca Veterinary Treatment Facility, Building 30009 Hungerford Road. For more information, call 533-2767 or visit <u>forthuachuca.petfinder.com</u>.

### Tune in to CAC

Tune in to the Commander's Access Channel (Channel 97) for up-to-date community news, the latest in service news and information from Fort Huachuca and around the military.

The Fort Report airs at 3:30 p.m. weekdays with video highlights of local events.

The CAC is experiencing technical difficulties and will have limited programming options.

The lineup for the Commander's Fort Report includes: Sgt. Maj. of the Army Kenneth Preston's visit to the Network Enterprise Tech-

nology Command's Command Sergeant Major/Sergeant Major conference. Other highlights include the NETCOM Noncommissioned Officer and Soldier of the year competition, the Warrant Officers Association scholarship winners and the annual Apache acorn harvest on post.

To get your message on the Commander's Access Channel, e - m a i l

channel97@hua.army.mil.

#### TEN, from Page 24 -

it's an event. It is a very popular, well-organized event."

"The other Army Ten-Miler that was memorable was last year, when I ran in such pain," she said. "I strained my foot on the track a week before and I tried to cancel but I just couldn't. Harvey ran with the pain and held on to win the 2003 women's title in 59:29.

Harvey will be back in 2004 to defend her title, and someone else who also has three victories in the race is also weighing an invitation to return.

Back in the late '80s, local Washington, D.C. running star Darrell General could have won nearly any race in the region. In 1987 General was just 21 years

old and training to qualify for the U.S. Olympic Marathon Trials. He decided to run the Army Ten-Miler and won the race in 49:44. General would go on to win again in 1988 and 1991.

"When I first started running [the Army Ten-Miler], it was a good tune-up race, then it became pretty competitive," said General, now 38 and still living nearby in Maryland. "1987 sticks out, that was the year I was trying to get the Olympic trials qualifier," he recounted. "I went under 50 minutes for the first time at the Army Ten-Miler. That race was a big breakthrough race [for me]."

More iformation and registration for this year's Ten Miler is available at www.armytenmiler.com.



Courtesy photo

Commander's cup volleyball standings - as of July 20

<u>Team</u>	Win	Loss
:eague 1		
MEDDAC	3	0
HHC 111th MI	3	0
Co. B 305th	3	1
NCOA	2	3
Border patrol	1	0
JITC	1	2
TIC	1	4
Co. C 304th	0	4
League 2		
USMC/USN	5	0
HHC USAG	3	1
Co. C 86th SIG	2	1
Co. C 305th MI	1	1
Co. E 309th MI	1	1
Co. A 305th MI	0	2
ASC	0	3
Co. A 306th MI	0	3

Man.	1./2
**************************************	
LOW	EXTREME
FIRE	DANGER

Volleyb	all Schedule	
<u>Today</u>		
6 p.m.	ASC	Co. A, 306th
7 p.m.	Co. E, 309th	USMC/USN
8 p.m.	Co. C, 305th	Co. C, 86th Sig
Monday		
6 p.m.	JITC	HHC 111th MI
7 p.m.	Co. B, 305th	MEDDAC
8 p.m.	NCOA	Co. C, 304th
Tuesday		
6 p.m.	Co. C, 86th Sig	Co. A, 30TH
7 p.m.	Co. C, 305th	Co. E, 309th
Wednesda	<u>ay</u>	
6 p.m.	JITC	TIC
7 p.m.	Co. B, 305th	Co. B, 86th Sig
8 p.m.	MEDDAC	HHC 111th MI

<u>Unit</u>	<u>Matches</u>	Points
	<u>Played</u>	
JITC #1	11	88
MEDDAC	11	70
ISEC	11	70
111th MI #1	10	65
JITC #3	10	59
A Co., 306th MI	10	57
JITC #2	11	54
IEW MAINT	9	47
NETCOM	10	45
USMC/USN	10	37
USAG	8	35
B Co., 305th MI	8	27
IEWTD	8	15
19th Signal Co.	8	10

Runners begin last year's Army Ten Miler.